



Ideal Day Mad Lib

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Mad Lib: Ideal Day

The sun is shining and after an amazing night's sleep, I stretch and open my eyes at _____ (time). I look around _____ (the place I'm sleeping in) and take a minute to appreciate _____ (aspects of the room or environment that are appealing to you, including whether or not anyone else is there with you).

When I'm ready to get out of bed, I put on _____ (favorite outfit or most comfortable clothes) and sit down to _____ and _____ (energizing morning routines) while overlooking _____ (another aspect of your environment, maybe outdoors, maybe something in front of you). I might also make time for _____ (activity or exercise) before or after breakfast to get me ready for the day.

After breakfast, I get really excited because today I am working on _____ (energizing project or work activity 1), _____ (activity 2), and _____ (activity 3). Awesome! Later in the day when I need a break, I will call or meet-up with _____ (person 1) and _____ (person 2).

I love solving problems related to _____ and _____ (favorite types of challenges). In fact, my friends and colleagues are often coming to me for advice on _____ (topic 1),

_____ (topic 2), and
_____ (topic 3). Right now I'm most excited to learn more about
_____ (new skill 1) and _____ (new skill 2).

Sometimes I even reflect on "sliding doors" careers I would try (even if only in a fantasy world) if time, money, and approval from others weren't an issue: _____ (career 1) because I'd get to _____ (activity 1), _____ (activity 2) and _____ (activity 3). Or _____ (career 2) which would be super fun because I could _____ (activity 1), and _____, and _____ (activity 3).

I also enjoy dreaming and scheming about the year ahead, considering what smashing success might look like. A year from now, I would be ecstatic if I were earning \$ _____/year (ideal annual income) with ease. Professionally speaking, I would be thrilled if
_____ (professional outcome 1),
_____ (professional outcome 2), and
_____ (professional outcome 3) were happening. If these things did come to pass, I would feel _____ (feeling 1), _____, and _____ (feeling 3). It would make _____ (item 1) and _____ (item 2) feel even more possible.

In my personal life, I would be overjoyed if _____ (outcome 1),
_____ , and _____ (outcome 3). I would feel
_____ (feeling 1), _____ (feeling 2), and
_____ (feeling 3), which would make it possible to
_____.

Since I can spontaneously travel wherever I'd like, I will also start planning a few quick jaunts to

_____ (ideal spot 1) and _____
(ideal spot 2). It reminds me of the time I was in _____ (recall a peak
experience) for _____ (activity). I have never felt so
_____ (adjective 1) and _____ (adjective 2). That time really
meant a lot to me because _____ (what made it so
memorable, special).

After a long, fun day spent doing things I love, I take a minute to appreciate what an incredible day I've had. I make a list of the reasons it was amazing:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

I reflect on a recent major accomplishment of mine that I am proud of and why:

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There are a few people I really admire who motivate and inspire me: in this ideal world I am lining up meetings with both! I admire _____ (person 1) and would describe him/her as _____ (adjective 1), _____ and

_____ (adjective 3). I also admire _____ (person 1) and would describe him/her as _____ (adjective 1), _____ and _____ (adjective 3).

Before I wrap up for the night, I take some time to _____ (evening activities, favorite things and/or people). I notice that I feel relaxed, happy, and joyful. I'm thankful to have _____, _____ and _____ in my life. I go to sleep with a huge smile. I'm proud of myself for making this day happen, and I can't wait to do it again.

Until then,

_____ (Your Billion Dollar Signature)

_____ (Today's Date)

Reflect: Ideal Day Debrief

What overarching themes made your day feel so great?

What qualities of your ideal day are already present in your life?

What qualities are things that you could take steps toward implementing even just in little bits?

What aspects of your day might speak to longer-term goals that you want to set (financial, learning, travel, career, relationships, or other personal aims)?